

Fruit/Vegetable of the Month Ideas

- ✓ Monthly newsletter for teachers with fun facts/background, nutrition facts, recipes, classroom activities
- ✓ Poster or flyers for school
- ✓ Short paragraph for parent newsletter
- ✓ 5 a day activities

Fruit/Vegetable of the Month

September: Pear

October: Kiwi

November: Broccoli or sweet potato

December: Tangerines

January: Cauliflower

February: Grapefruit

March: Spinach or broccoli

April: Strawberries

May: Cucumber